

## PERIL IN ATHLETICS

PHYSICAL EXERCISE SHOULD BE TAKEN IN MODERATION.

Muscle Building Is Not Necessary to Good Health, and Severe Training Weakens the Heart and Nerves and Lowers Vitality.

Once beyond the bounds of moderation, physical exercise, and physical training not only weakens the heart for a lifetime, predisposes to pneumonia, cause pulmonary tuberculosis and make extra possible a dozen other ills, but they unfit a man from being the ideal husband and father.

Dr. Robert E. Coughlin of Brooklyn, says the New York Times, has been collecting statistics upon and following the careers of athletes for years. He examined the contestants in amateur boxing matches, and the abnormal development of the best of them struck him. Magnificently developed as to their muscles, they were far from being men of normal health and strength. Beyond a certain point the muscular training was at the expense of their vitality. It took away from the heart and lungs. There was scarcely an organ of the system not affected and made less efficient. It seemed worth while to explore further into the cause.

In regard to the benefit to be derived from athletics," says the doctor, "one has only to remember the physiology of exercise to become convinced of the fact that exercise, per se, may be very beneficial. The point to bear in mind is to advise the person to stop before fatigue becomes evident. We can do this readily when the athlete is interested in games for the mere exercise, but such advice cannot be offered when his aim is to excel in an athletic contest. Here is where athletics do great harm, and it would be a safe rule to advise against all forms of muscular training in the nature of a contest.

"Athletics may be said to be beneficial until the heart begins to be markedly hypertrophied. This is the danger signal."

Hypertrophied is the medical man's way of saying enlarged—that is, the walls or muscles of the heart increase in size. Though this is the "danger signal," there is no real danger here, only a warning. The danger comes when, in consequence of additional exertion, the heart dilates, its interior grows larger, displacing the delicate machinery, causing the valves to leak. Then come "murders," and though a man may live for years with weakened valves he may die any day and any moment.

Does physical exercise, then, build up the general health and make a better man out of a man? There seems to be a question, with some scientific men saying today very emphatically, "Not unless that physical exercise is very moderate indeed."

Health, one of the big English authorities (Sir Michael Foster), puts it, does not exist. It is like happiness. Each has a goal or limit which, while seemingly attainable, eludes perfect possession. The body consists of a number of mechanisms which have the closest and most exact relations, and as they approximate to harmony there is health, but when disordered there is ill health.

Not necessarily does a man by physical training and much exercise become a better man, nor does he even get better health. Here is the striking evidence of it in scientific statements of the day.

To obtain good health, muscle building is not a necessity. One cannot judge of a person's health by the size and hardness of the muscles. We have seen that the converse may be true. To obtain health one must not be in a perfectly trained condition owing to the effects of severe training on the nervous system. There is no evidence to prove that athletics and muscle building improve the constitution. One should always keep in mind the fact that built up or hypertrophied muscle has a tendency to degenerate. The heart, being a muscular organ, shares in this tendency.

But the athlete is a man who goes through the severest physical strain and training. If he boxes, runs, is a gymnast, a football player, a wrestler, an expert at baseball or tennis, any sport requiring violent exercise and the constant keeping in trim for it, all the rest of his body is sacrificed for the overdevelopment of these special muscles, and the rest of it must somehow suffer.

All the body should develop together, as it were. Body and mind should be built up evenly. If overathletics does nothing else it produces a wearing and tearing nervous strain.

When it comes to the actual athlete, the man who specializes on some form of physical force and muscle power, these conditions are greatly aggravated. Severe athletic training and muscle building, it is now an acknowledged fact of science, are at the expense of the nervous and glandular systems.

"An experienced athlete," says one authority, "gave as his opinion that a man sacrifices a certain part of his life every time he enters a contest of any kind. He also said that a man when 'fit' as expressed by athletes, is in an abnormally nervous condition. In other words, he can never remain at ease for a minute at a time and, like the caged lion, is forever on the move during his waking moments. It has been noticed by observers that athletes are often sickly and particularly susceptible to constipation and appendicitis."

What He Cleans Up.  
"Did you clean up much in that railroad deal?"  
"No, I washed my hands of it."  
—Cleveland Plain Dealer.

If rich be not elated, if poor be not dejected.—Socrates.

## DEATH BY A BOMB.

Imaginary Incident of the Crimean War by Tolstol.

The following imaginary incident of the Crimean war is found in Count Tolstol's "Sevastopol." The bomb, coming faster and faster and nearer and nearer, so that the sparks of its fuse were already visible, descended. "Lie down!" some one shouted. They lay flat on the ground. Praskobin, closing his eyes, heard only the bomb crashing down on the hard earth close by. A second passed, which seemed an hour. The bomb had not exploded. He opened his eyes and at that moment caught sight of the glowing fuse of the bomb not a yard off. "Terror, cold terror, excluding every other thought and feeling, seized his whole being. He covered his face with his hands."

"Then he remembered the 12 rubles he owed, a debt in St. Petersburg that should have been paid long ago and the cry of the woman he loved rose in his imagination, wearing a cap with lilac ribbons, and yet, inseparable from all these and from thousands of other recollections, the present thought, the expectation of death, did not leave him for a moment. 'Perhaps it won't explode,' and with desperate final decision he wished to open his eyes, but at that instant a red flame pierced through the still closed lids, and with a terrible crash, something struck him in the middle of the chest."

"He jumped up and began to run, but, stumbling over the saber that got between his legs, fell on his side. 'Thank God, I'm only bruised,' was his first thought, and he wished to touch his chest with his hand, but his arms seemed tied to his sides, and it felt as if a vise were squeezing his head. Soldiers flitted past him, and he counted them unconsciously. Then lightning flashed before his eyes, and he wondered whether the shot were fired from a mortar or cannon. 'Cannon, probably, and here are more soldiers—five, six, seven soldiers. They all pass by.' He was suddenly filled with fear that they would crush him. He wished to shout that he was hurt, but his mouth was so dry that his tongue clove to the roof of his mouth."

"He felt it wet about his chest, and this sensation of being wet made him think of water. Fearing lest the soldiers might trample on him, he tried to shout 'Take care with you,' but instead of that he uttered such a terrible groan that he was frightened to hear it. Then other red fires began dancing before his eyes, and it seemed to him that the soldiers put stones on him. He made an effort to push off the stones, stretched himself, and saw and heard and felt nothing more. He had been killed on the spot by a bomb splinter in the middle of his chest."

## POINTED PARAGRAPHS.

A sick man talks about everything except death.

No man is big enough to laugh at a real worry.

While loading a man usually thinks about a big scheme that won't work.

An apology never gives satisfaction to but one person—the one who makes it.

If you must kick, make it swift and sure, and do not prolong the agony by making excuses.

A boy thinks, "What a good time a man has!" And a man thinks, "What a good time a boy has!" And what a poor time both have!

It may be as good a feat to have all of a little girl's petticoats the same length as it is to have everything that goes on the stove cooked at the same time.—Atchison Globe.

In a Mexican Hat Store.

"Half a million straw hats is no uncommon sight to be met with at one time in the hat stores of Mexico. The hats are made of a long pampas grass which grows nowhere else in the world. It is specially cultivated for the hat industry. So rapidly are the hats made that some skilled workmen can turn out ten or a dozen a day, and they are then sent to all parts of the world. They cost about fourpence each to make, are retailed at from 1 shilling to 4 shillings and are so durable that it not infrequently happens that those of an economical turn of mind make a single hat last ten years.—London Queen.

Chesapeake Bay.

Few people fully appreciate the great size of the Chesapeake bay. It is the largest indentation on the Atlantic coast, and it has often been called the Mediterranean of America. On its bosom the navies of the world could easily float. It is 200 miles long, and in some places it is forty miles broad. It has an area of over 2,000 square miles, and it shoots off into great rivers with an aggregate length of thousands of miles.—Baltimore American.

The Latest.

Customer—You say, then, that this material is the latest? Shopman—The very latest, madam. Customer—But will it fade in the sun? Shopman—Why, it has been lying in the window for two years, and look how well it has stood.—London Mail.

Quite Different.

Papa—No, he's not the proper sort of a husband for you, my dear. Daughter—Oh, papa, he'd die for me! Papa—Oh, that's all right. Tell him to go as far as he likes. I was afraid he wanted to marry you.—Cleveland Leader.

Gratifying Progress.

"Your son is studying art, I believe. Has he made much progress?"  
"Oh, yes. He is able to talk the language quite fluently."—Judge.

## Vailsburgh Track.

The big feature on the programme for the cycle meet at the Vailsburgh board track to-morrow afternoon will be the motor-paced race between National Sprint Champion Frank L. Kramer and young Elmer Collins, the Lynn (Mass.) wonder. Kramer's victory over Jimmy Moran last Sunday has made him anxious to continue at the paced game, and he believes that he can defeat Collins, who is rated as the best man next to Bobby Walthour in this country.

The race will be decided in heats of five miles each, the best two out of three. In anticipation of the forthcoming race, Collins has kept in form by constant training, and he feels certain that he can take the measure of Kramer just the same as he has of every other pace-follower he has met this season.

The final race in the amateur championship series will also be run off to-morrow, with Charlie Sherwood and George Cameron of the New York A. C. to fight for the title. The programme will conclude with a quarter-mile novice event.

Hoffman House Boquet and Robert Burns Cigars, \$3.00 box, Newspaper delivery a specialty. Glennon, 8 Broad street.—Adv.

## Harvesting by Telephone.

J. A. Frambers of Oxford, Mo., has put the telephone to a new and novel use, says the Kansas City Journal. Summer county is covered with a network of rural telephones. All told there are more than 3,000 telephones in the county. Mr. Frambers kept his thrashing outfit in constant communication with these telephones. He is a member of the Oxford Mutual Company and has had a telephone installed in his cook shack. Whenever Mr. Frambers moves his thrashing outfit on to a farmer's premises his cook shack telephone is immediately connected with the telephone wire running along the highway, and no matter how far out in the country he may be Mr. Frambers and his cook are in constant communication with the grocers, butchers and other supply houses. Mr. Frambers can also call up almost any farmer in the county to talk thrashing to him, and the "next" man on Mr. Frambers' list can, simply by using the telephone in his home, learn just when the thrasher will arrive at his place.—Exchange.

Have your lawn mower put in shape by S. P. Townsend through Fronapfel Bros., Bloomfield Centre.—Adv.

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